



BIRCH COPSE PRIMARY SCHOOL
PHYSICAL ACTIVITY POLICY

Version

Version: 1

Status:

Recommended

Introduction

This policy should be read in conjunction with the School's Teaching and Learning Policy statement which deals with matters common to all subjects. It was compiled by the Headteacher and staff, and approved by the governors.

Aims and Objectives

Establish an "active school" ethos and environment which will increase activity levels and promote health within and outside the curriculum.

Objectives

1. Appoint designated members of staff (PE Subject Leaders) who will lead physical activity development.
2. Maintain a high profile for physical activity in all aspects of school life.
3. Provide appropriate ongoing training for all staff, including teaching and non-teaching staff.
4. Encourage all pupils to participate in physical activity during play-times.
5. Embed health related exercise (HRE) principles into the PE curriculum - ensure that knowledge and understanding of fitness and health is integral to all PE lessons and has cross-curricular links to other subjects, such as science, D & T, English and Maths.
6. Provide links to other aspects of health, for example, by promoting healthy eating and providing access to water in liaison with PSHE subject Leader.
7. Ensure that all pupils have access to a minimum of 2 hours curriculum time high quality PE and sport each week, along with further opportunities to take part in out of school clubs.
8. Offer a broad and balanced activity programme which is inclusive to all pupils.
9. Work with key partners, including the School Sport Partnership and the Healthy School Programme, in helping to promote physical activity.
10. Work with key partners in ensuring that all children have access to appropriate community activities.
11. Promote regular physical activities to all school staff.

Raising the Physical Activity Profile

- i) Provide a dedicated notice-board which advertises opportunities for all pupils and staff to participate in school and community activity and celebrates success.
- ii) Regularly celebrate achievement and promote activity in assemblies.
- ii) Regularly invite parents to both take part in (e.g. annual family fun run/aerobics class) and observe activities.
- iv) Take part in the LA Travel Plan, Go Kinetic encouraging pupils to walk to and from school.
- v) Provide a cycle storage area.
- vi) Offer the Bike ability programme to all year 5 and 6 pupils.

Training Programme

- i) Release the Primary Link Teacher (PLT) on a regular basis to attend National Professional Development training courses.
- ii) Ensure that the PLT co-ordinates a full training programme for all staff, including teachers and Adults Other Than Teachers (AOTTs)
- v) Provide playground leadership training for children to help run games at break and lunch times

Play-time activity

- i) Make a range of equipment available to all pupils during play-time periods.
- ii) Promote skipping as a specific fitness activity.
- iii) Train senior pupils to act as playground leaders – oversee equipment and support activity for younger children.
- iv) Ensure that lunch-time supervisors are able to promote and support play-time activity
- v) Develop appropriate and safe playground areas, which have innovative permanent markings which encourage and facilitate activity to all pupils.

Curriculum

- i) Ensure that all pupils receive 2 hours curriculum time physical education each week.
- ii) Provide a physical education programme which is broad, balanced and fully inclusive, suiting the needs of all pupils.
- iii) Provide ongoing monitoring of PE lessons, in order to ensure that high quality outcomes are achieved.
- iv) Ensure that all PE lessons include at least one period of time in which the children are “stretched” physically (i.e. become out of breath).
- v) Ensure that all PE lessons include the National Curriculum health related exercise strand, so that pupils are aware of the need to exercise, the body changes during exercise and know how to warm-up and cool-down.
- vi) Ensure that all PE lessons are structured to include a warm-up and cool-down.
- vii) Provide an annual programme of intra school activities for all pupils, including a sports day and some “golden time” activity.

Out of School Hours Activity

- i) Provide a diverse weekly programme of out of school hours activity clubs, which suits the needs of all pupils.
- ii) Provide a programme which offers an equal balance of competitive and non-competitive activities.
- iii) Run some “physical activity” breakfast clubs each week.

School Sport Partnership and Community Links

- i) Ensure that the school regularly participates in SSP and County-wide events which promote physical activity.
- ii) Ensure that the school employs a range of auxiliary qualified and experienced coaching staff and implements quality assurance through the PLT/SSP programme.
- iii) Ensure that the PLT takes responsibility for forging strong local community club

Staff Activity

Encourage all staff to change and take an active part in PE lessons.

Equal Opportunities and Special Needs

Every pupil will be given equal opportunity to follow the National Curriculum or Foundation Stage Curriculum irrespective of their ethnic or linguistic background, gender, disability or religious beliefs. Children with Special Educational Needs will have full access to Physical Activity opportunities. Those identified as Able, Gifted and Talented in Physical Activity will be given opportunities to develop their skills.

Other Policies and Documents

Please also refer to the following policies and documents:

School based:

- P.E. Policy
- P.E. Guidance notes
- P.E. Scheme of Work, Curriculum policy
- Able, Gifted and Talented policy
- Special Education Needs policy
- A calendar overview of the annual physical activity programme
- A timetable showing the weekly programme of activities
- A list of the tournaments, festivals and events attended by the school
- A contact list of key partners which link to physical activity and health
- School's annual PE /School Sport and Club Links (PESSCL) National Survey results

Role of the P.E. Activity Aspect Leader

The PE Subject Leaders shall also be the designated Physical Activity Aspect Leaders, with responsibility for leading all broader aspects of physical activity, although with strong support from the Headteacher and Deputy.

Responsible officer

PE Subject Leader

Date of last review: November 2014

Dates of amendments: 9th February 2010

Date of next review: November 2017